

THE CLUNY HILL
HYDROPATHIC ESTABLISHMENT,

FORRES, MORAYSHIRE.

Resident Physician.

WILLIAM B. HUNTER, M.D., C.M.

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CLUNY HILL.

CLIMATE IN RELATION TO HEALTH.

Climate in relation to health is of importance to all, but to many delicate persons it is often a matter of life or death. The connection between the prevalence of disease and the wetness of soil in different districts is well known to competent physicians.* Many years ago, it was observed by Sir James Clark that, "of all the physical qualities of the air, humidity is the most injurious to animal life," and the French observer, Fourçault, considers dampness in the air to be the great cause of consumption and intermittent fevers.

The fact (continues Dr. Thorowgood) that a damp and retentive soil is a very powerful inducer of consumption in those resident thereupon, has been most incontrovertibly shown by Dr Buchanan in his interesting report in the tenth volume of the Health Reports of the Privy Council.† He says—"The practitioner should take care to recommend and to urge upon families having a consumptive tendency, and living in low, flat, damp situations, the necessity of paying more attention to the change of residence."

* Climatic Treatment of Consumption.—Thorowgood, p. 16.

† p. 18.

“As a close confined atmosphere,” says Dr. Thorowgood, “or one that is at once wet and cold, will assuredly develope the disease in those disposed thereto, so certainly will a pure, clear, dry, and bracing air prove, in combination with a good and nourishing diet, a remedial agent, to which no drug in the Pharmacopœia can be compared for sureness of action.” “It is,” he adds, “when we have placed our patient in the most favourable natural conditions for staying the progress of his complaint that we must see what help drugs will give, not only to meet the complications as they arise, but actually to promote the curative process.”* He also remarks, too truly, that drugs are what patients will swallow to all lengths “rather than attend to the imperative conditions which nature points out as the first step towards their real and permanent cure ;” and he justly pronounces them to be “quite secondary and subordinate to those powerful and efficient means of prevention and cure which nature offers to the invalid in the shape of fresh air, proper food, and free exercise.”†

Sir James Clark dwells strongly on the great advantages that have accrued from selecting proper residences—not only abroad, but in our own land—the most desirable climate being one that combines dryness with comparative warmth. To obtain the benefit of such a climate, many invalids incur the expense and discomfort of a resort to foreign lands, believing that in Britain no safe spots—especially for a winter’s residence—are to be found. But careful observation and experience have shown that some parts of this country will bear favourable comparison with any abroad, and among them the district around Forres claims a foremost rank.

For its mild and genial climate the county of Moray

* pp. 97-99

† pp. 99-100

has long been celebrated. Modern writers can but repeat the testimony borne in its favour by the early historians of Scotland, and the records of meteorology amply confirm the truth of their statements. Observations lately made, and extending over a series of years, show a temperature considerably higher than the average of Scotland during the winter, spring, and autumn months, and slightly lower during those of summer—a result for which one would scarcely be prepared, judging from its position in the map. But that other important circumstances besides latitude—in the temperate zone at least—determine climate, is now a well-established fact.

It is in regard to range of temperature and dryness that the superiority of climate becomes apparent. The range of temperature between the coldest and warmest months is, at Paris, 30 degrees, and in Italy, 32. At Forres it is only 24. The mean winter temperature is 40—higher than that of Milan, Pavia, Padua, or the whole of Lombardy. The annual rainfall is only about 23 inches. In London it is 27, while in the Western Districts of Scotland it is from 40 to 50 inches.

Wheat is the staple produce of the fields. Nectarines, peaches, and apricots ripen on the walls in ordinary seasons, and occasionally even figs and sweet almonds. The climate may therefore be justly characterised as mild and equable. The air is dry and warm, and this was the cause of the district being selected as the most suitable in Scotland for the erection of a Hydropathic Establishment.

This building stands on the southern slope of one of the beautiful eminences in the immediate vicinity of the Town of Forres. In every point of view the situation is so desirable that it would be difficult to find elsewhere the same combination of advantages.

The Cluny Hills are three, or more properly four, in

number, and rise to the height of about two hundred and fifty feet. The most prominent of them, on which is a monument to Lord Nelson, is well wooded; and in the centre of the group is a deep amphitheatre completely sheltered from every wind that blows; and, at the same time, owing to the porous character of the soil, free from damp at all seasons of the year. The whole is intersected by miles of well-kept walks, which, as being the property of the Burgh of Forres, are open to the public without restriction of any kind. Alike in the cold of winter and in the heat of summer, the most delicate as well as the most robust may here enjoy the benefits of exercise to their fullest extent.

The scenery of the district is of the most varied character, presenting views of Nature in her loveliest, her grandest, and her wildest aspects. The walks that wind round the Cluny Hills disclose new beauties in the landscape at almost every ascending step, while the view from their summits on a clear day is truly magnificent. The fertile "Laigh of Moray," dotted with hedgerows, fair demesnes, and well-built farm-steadings; the extensive forests of Darnaway and Altyre; the heath-clad hills of the Pluscarden and Romach ranges; the windings of the romantic Findhorn; the sand hills of Culbin; the blue waters of the Moray Frith; and right opposite, and stretched out, as it were, in panoramic grandeur, the whole mountain system of the North Highlands, from the shores of Loch Ness to the most distant of the Caithness Hills, with the massive form of the lofty Ben Wyvis conspicuous in the foreground—all meet the eye in succession, and form a prospect perhaps unequalled of its kind. "It is worth all the trouble of a journey from London to see this view alone," writes the late Charles St. John, Esq., speaking of the same prospect as seen from another spot. "Far and wide may you travel without finding such

another combination of all that is lovely and grand in landscape scenery—wood and water, mountain and cultivated ground, all in their most beautiful forms, combine together to render it pre-eminent.”

To those in search either of health or pleasure, the neighbourhood of Forres affords many attractions. Foremost among them must be placed the Banks of the “rapid and glorious Findhorn—the very perfection of a Highland river,” with a profusion of scenery which has been pronounced unrivalled by Sir Thomas Dick Lauder—than whom few were better qualified to give an opinion on such a subject. “In truth,” he says, “I know no river scenery in Great Britain at all to be compared in sublimity to that of the Findhorn. Indeed it rises more into that great scale of grandeur exhibited by some of the Swiss gorges than anything I have ever met with at home.” Other objects or places of interest are Sueno’s Stone, the admiration and the puzzle of the antiquary; Dalvey Gardens, which contain one of the choicest collections of rare and beautiful exotic plants to be met with in the kingdom; the Ruins of the Abbey of Kinloss; Darnaway Castle, the seat of the Earl of Moray; Altyre House and Grounds, the seat of Sir William Gordon Cumming, Bart.; the Romach Loch; and those immense mounds of ever-shifting yet never departing sand, that cover what was two centuries ago the fertile estate of Culbin. More distant, but within easy reach by railway or otherwise, are Elgin, with the ruins of its noble Cathedral; the Priory of Pluscarden, beautifully situated in the valley of the same name; the remarkable promontory of Burghead, still crowned by traces of ancient fortifications; the perpendicular rocks and caves of Covesea; the “Blasted Heath,” or rather all that now remains of it, sacred to the “weird sisters” of immortal memory; Gordon Castle, the seat of the Duke of Richmond; Cawdor Castle, the seat of the Earl of

Cawdor, and an almost perfect example of an old baronial mansion ; the Divie Viaduct on the Highland Railway ; the Field of Culloden ; Fort-George ; the Town of Inverness ; and the Shores of the Bay of Cromarty ; guarded by its "Sutors," and made classic by the pen of Hugh Miller.

The walks and drives round Forres are exceedingly beautiful, especially along the Banks of the Findhorn, affording to the naturalist, botanist, and geologist abundant materials for the gratification of their respective tastes. The roads are good. There are no tolls, and horses and carriages can be hired at a moderate rate.

Erected expressly for the purposes of a Hydropathic Establishment, and of a summer and winter residence for visitors and invalids, the Cluny Hill Buildings contain spacious Dining and Drawing Rooms, several Private Parlours, and ample Bed-Room accommodation for more than eighty inmates—all of them furnished in the most substantial and elegant manner. There are also a Reading-room, Billiard-room, Gymnasium, Greenhouse, Lawns for Croquet, and other amusements ; and in addition to the walks on the adjoining hills, which may be considered as attached to the establishment, extensive Pleasure Grounds, tastefully laid out. The exposure is southern, and completely protected from the north and east winds.

The Baths are numerous and varied, including a large and handsome Turkish Bath, and all the Bath-rooms can be entered from the House.

The value of Hydropathic treatment, combined with change of scene and residence in a pleasant and healthy locality, is now well known and widely appreciated. Its efficiency as a curative agent in many forms of disease has been placed beyond dispute. Scientifically administered, it has often proved a remedy when others have failed, and the misapprehensions, not to say prejudices, with which, like

every innovation on established practices, it had at first to contend with, are rapidly disappearing. Medical Science in all its branches has undergone a great revolution during the last thirty years ; the existence of a healing power in nature is more freely recognised, not only in theory, but also in practice ; and among the various agents which may be safely employed to aid this power when weakened, or to call it into exercise when dormant, none, it is believed, possesses the advantages of Water, or can produce such wonderful results.

Dr. King Chambers, Physician to H.R.H. the Prince of Wales, says—"Medical men sometimes fear that in sending patients to water cure establishments they may be abetting quackery. In my opinion, scientific hydropathy—the renewal of the body by water and food, the increase of growth, secondary to the increase of moulting, is very far from quackery. It is not an underhand mode of doing nothing, but a *bona fide* use of a powerful tool. And, therefore, a contrary effect than what has been feared would follow ; for the very fact of medical men using the treatment as remedial, would show that science ranked it as a genuine physical power."

The real home comforts and nutritious diet, which, with sound bracing treatment that creates appetite, may be looked for in every well-regulated hydropathic establishment, claims special attention. Very marked is the contrast which such an institution presents to the comfort and accommodation offered to the invalid in those lauded foreign resorts to which he is so often sent to die. These are often destitute of the "ordinary decencies and comforts" of home ; and thus "the life of the invalid abroad" is too often "one of utter misery and wretchedness."

The Establishment is presided over by a duly-qualified and registered Physician and Surgeon, intimately acquainted

with Hydropathic treatment in all its modifications and details.

The domestic arrangements are under a Steward and Lady-Superintendent, who see to due order and regularity being maintained in every department. The bill of fare is on a liberal scale, and every attention is paid to the comfort both of patients and visitors.

In point of elegance, comfort, and completeness, this Establishment may fairly rank amongst the very first in the United Kingdom, while the scale of Charges is so extremely moderate as to supply a want long felt by a numerous and increasing portion of the health-seeking public.

Several trains from London, Edinburgh, Glasgow, and all parts of the South, reach Forres daily, *via* Perth and Dunkeld, a route described by the *Times* as “in itself a pictorial education.”

REGULATIONS.

Breakfast at 8·30 A.M., Dinner at 1·30 P.M., Tea at 6·30 P.M. Punctuality in coming to Meals is expected.

The Bell is rung a Quarter of an Hour before each Meal, and the Gong at the time for commencing.

Patients and Visitors take their places at Table in the order of their arrival at the Establishment, commencing at the lower end. Meals may not be served in Private Rooms within Half-an-Hour before, or Half-an-Hour after, the Public Meal.

Gas turned off in Public Rooms at Ten o'clock, and from Bed-Rooms at Eleven o'clock, P.M. Patients and Visitors are specially requested to lower the Gas in their Rooms immediately after they have done using it, and to be careful to see that it is *quite* turned off before going to Bed.

As disturbance when falling asleep is so hurtful to delicate Patients—involving the loss of sound sleep for half the night—it is indispensable that perfect quiet be maintained in all parts of the House after Half-past Ten o'clock at night. All talking in lobbies, staircase landings, &c., and rapping of doors, are strictly prohibited. Those requiring evening treatment should retire to their Bed-Rooms at Nine. Patients are requested to be prepared for their Baths at the hours mentioned by the Bath Attendants, who take them in the order of their arrival. The Bath Attendants having to rise early, no service must be expected of them after Half-past Nine P.M.

Visitors are expected to conform to the Rules of the House, and are not allowed to bring to Table anything forbidden to Patients.

Those wishing their Rooms kept for them during a week's absence, will be charged One Guinea ; if absent only a few days, no deduction will be made from the weekly charges. Rooms charged from the time they are engaged.

Consultation on Monday, Tuesday, Thursday, and Friday, from Ten to Half-past Eleven A.M. Patients admitted in the order of their arrival at the Establishment. Special Consultations at any other hour, by arrangement, as Patients may find it necessary.

As the hours devoted to consultation are strictly *professional* hours, and as a delay of minutes is a serious hardship to those who are waiting for admission, it is understood that no *general* conversation can be entered upon in the Consulting Room, and that the Patient is expected to retire as soon as the Doctor has handed the prescription, and ceased asking questions.

Accounts made up to Tuesday night every week. Attendance given in the Steward's Room to receive payment on Wednesday from 3 to 4 o'clock. The day of arrival is charged as a whole day ; the day of departure is free.

TERMS FOR PATIENTS AND VISITORS.

Board, Lodgings, and Attendance, per week,	£2	2	0
Do. Do., when Two occupy the same Bed-Room,	1	15	0
Do. Do., when under 12 years of age,	1	1	0
Do. Do., for Private Man-Servant,	1	8	0
Do. Do., for Private Maid-Servant,	1	1	0
Medical Advice, Turkish and other Baths, and Bath Servants, per day,	0	1	0
Private Sitting-Room, per day,	3s. to	0	4 6
Fire in Private Sitting-Room, per day,	0	1	6
Fire in Bed-Room, per day,	0	1	0
Fire in Bed-Room in the evening,	0	0	6
Serving Meals in Private Rooms, when previously arranged, for a family, per day,	0	2	6
Do. Do. for a Single Visitor,	0	1	0

Breakfast or Tea out of the Public Room, or at any other than the appointed hours, 6d., and Dinner 1s. extra for each person.

Baths to Visitors, 1s. each ; Turkish do., 1s. 6d. each.

Blankets, Sheets, and Towels for Bathing are sold or hired in the House ; or Patients can bring their own, viz., 1 Blanket, 3 Sheets, and 2 Towels.

A few superior Bed-Rooms, Two-and-a-Half and Three Guineas.

APPENDIX.

CLUNY HILL, Forres, was selected as the best locality for a Hydropathic Establishment on account of its peculiarly mild and dry climate, together with the shelter and beauty of the neighbourhood. For a winter residence for delicate patients, especially when suffering from affections of the chest, it is eminently suitable. More days in the year, and more hours in the day, such patients may enjoy open air exercise and various and charming scenery on the walks and seats among the Cluny Hill woods than in any other part of the country I am acquainted with.

Invalids in our large centres of population, who require to leave home in the winter, should think of Cluny Hill before resolving on the fatigue and discomfort of a journey to the Continent. I have had upwards of four years experience on the spot, during which time hundreds of patients under my care have derived much benefit, while many were entirely cured of serious complaints.

I can with the greater freedom recommend the climate of this part of the country to health seekers, that my own professional connection with it terminates at Martinmas next. I then go to labour in a wider field, nearer our large cities.

ALEX. MUNRO, M.D. (N. Y.)

CLUNY HILL, 9th Oct., 1868.

“GLASGOW, 20th Feb., 1869.

“I am asked to give my opinion of Cluny Hill as a sanatorium, which I am enabled to do from having spent, along with my wife, two weeks at it when seeking healing rest, and good for body and mind. The climate is bracing and exhilarating; the soil dry; the house and its supplies excellent; the grounds beautiful; the scenery around it picturesque, and the views from it range over a wide expanse of sea and land. Cluny Hill has no drawbacks of any kind that I am aware of, but everything to recommend it to invalids. I may add that its charges were extremely moderate, and all its servants and officials extremely civil and attentive.

“N. MACLEOD, D.D.”

EXTRACTS FROM NOTES BY GEO. NORMAN, Esq.,

Correspondent of the “Zoologist.”

Judging from my own experience, which is not that of a hermit, there are thousands in England, in search of health and pleasure, wholly unaware that Forres, immortalised in the classic pages of Shakespeare, has attractions which no other part of the whole of Scotland can lay claim to. Indeed, in no part of Great Britain the writer is acquainted with, is there so remarkable a combination of high winter temperature, with great dryness of soil, as in this part of the County of Moray. During last winter and spring the meteorological returns showed that this district had generally a higher temperature than Paris and the North of France. Again, as an instance of the exceeding mildness, I may mention that peaches, nectarines, and figs ripen quite well in the open air, while the Himalayan bamboo stands quite uninjured by the winter's frost.

Specimens of *Magnolia acuminata* in the gardens at Dalvey, fully 30 feet high, also indicate the blandness of the climate, while the existence of rare insects here, which

hitherto have only been found in the South of England, may be quoted as another indication of the nature of the climate.

The rainfall is little above 23 inches. This remarkably low average, taken in connection with the physical lay of the adjoining country, where high mountain ranges towards the north and north-westward intercept the rain-charged Atlantic winds, is, I suppose, the cause of this dry and equable climate.

The same causes undoubtedly operate in arresting thunderstorms ; for this district is exceedingly free from electrical disturbances. In proof of this, no trace of a thunderstorm has been seen or heard by the writer either during the past unprecedentedly hot summer or in the summer of 1867.

Coupling the above with the rare beauty and variety in the neighbouring district, combining as it does extensive tracts of beautiful forest, inland lochs, a fine rocky coastline, the enormous sandhills of Culbin, with extensive tracts of heathclad moorland, render it the *beau ideal* of a country for the naturalist, in addition to the reputation it has gained as a suitable locality for the invalid.

The capabilities of the country around Forres for the Sportsman and Naturalist are of a very high character. In most of the woods roe-deer abound, while pheasants, hares, rabbits, and a few black game are abundant, when protected. The moors afford excellent sport among the grouse. In addition to this there are several extensive Lochs in the neighbourhood, yielding admirable skating and curling. These lochs are beautifully surrounded by forest, and are full of large trout.

The River Findhorn affords very good Trout and Sea-trout Fishing, but the Salmon Fishing is private property. The small streams throughout the county abound in trout of small size. Woodcock breed very frequently in these extensive forests ; while large colonies of the Black-headed Gulls (*Larus ridibundus*) breed in the forests of Altyre and Darnaway. Here the Cross-bill (*Loxia curvirostra*) may always be seen flying about in flocks uttering their musical cry, Chink ! chink ! or busy extracting the seeds from the cones of pines and larches. Their nests have frequently been taken in the forest ; once, indeed, by the writer of these notes.

The Banks of the Findhorn and shores of the Bay are favourite resorts for innumerable waders and wildfowl, the eggs of which are so much prized by the egg collector. Sand Pipers, Dunlins, Redshanks, Green and Ring Plovers, Oyster Catchers, Roseate and Common Terns are all found here, and the discovering of their nests would doubtless reward the diligent naturalist were he only to explore suitable localities. Richardson's Skua (*Lestris parasiticus*) are very numerous about the village of Findhorn; while the old Bar of the Findhorn and Buckie Loch are places of resort for Shieldrakes, Teal, Cormorants, Herons, Snipe, &c. In all the woods the Goatsucker (*Caprimulgus europæus*) is very common; and it is pleasant to observe during the long, warm summer nights this interesting bird hawking after the moths. At eleven o'clock at night, there is sufficient light to distinguish the males from the females while thus engaged.

The botanist will find the country full of interesting plants and ferns. *Polypodium dryopteris* grows by the acre; the common *vulgare* everywhere; *Lastrea oreopteris* and *Blechnum boreale* are very common; and other rare kinds would reward the industrious collector. That little gem *Linnaea borealis* together with *Pyrola uniflora*, both very scarce as British plants, are both found within a few miles of Forres. Upon the high moors and mountains in the vicinity many rare, alpine, and subalpine rarities would be found by those who are enthusiasts enough to climb in their pursuit.

The Bay of Findhorn contains many interesting forms of marine Diatomaceæ, and other interesting objects for the microscopist. In Fungi, the district is a perfect paradise, and, although the writer has no pretensions to a Fungologist, still, in his walks he has observed species which are of great rarity—indeed, some of the species appear not to have been found in Britain before. *Agaricus Bongardii* for instance, grows in profusion on the Culbin Sands. The beautiful and fragrant *Cortinarius glaucopus* is frequent among heather in the pine forests, while in the Chapelton Muir wood is found the singular and rare *Hydnum scrobiculatum*. The woods swarm, moreover, with highly delicate edible kinds, which, were it not for ignorant prejudice, would be esteemed by all

alike as delicious and highly nutritious articles of food. *Boletus edulis* and *scaber*, *Cantharellus cibarius*, *Agaricus gambosus*, *arvensis*, *Lactarius deliciosus*, *Morchella esculenta*, with hosts of other kinds, are found in the utmost profusion.

To the Entomologist the very mention alone of some species of Lepidoptera which occur here will at once show that this country is a veritable "land of promise." The writer may here remark that he has only had the result of one year's collecting, and many species may have escaped his notice. Moreover, he has only paid attention to the Noctuidæ, of which alone he has taken, at sugar, considerably more than a third of the known British species in his first campaign, scarcely working outside the beautiful and extensive grounds attached to the Cluny Hill Hydropathic Establishment. The Entomologist will best understand the nature of the country for Lepidoptera by the enumeration of a few Noctuæ which have occurred to the writer—*Thyatira batis*; *Acronycta leporina*; *ligustri*; *myricæ*; *Chareas graminis*; *Apamea fibrosa*; *Miana strigilis*; *fasciuncula*, and *literosa*; *Agrotis velligera*; *Lunigera*, *porphyrea*; *agathina*; *præcox*, and *pyrophila*; *Triphaena janthina*; *fimbria*, and *subsequa* (the last by no means rare here, but in other parts of Britain very much so); *Noctua glareosa*; *depunta* (not uncommon); *conflua*; *Dahlia*, in swarms; *bella umbrosa*; *neglecta*; *Trachea piniperda*, frequent in the pupa state under moss and pine needles, the perfect insect swarming in the early spring along with the other; *Tæniocampas*, at the Sallow blooms; *Euperia fulvago*, not uncommon; *Polia chi*, very abundant; *Epunda nigra*, even more so; *Aplecta occulta*, and *nebulosa*; *Calocampa vetusta*, and *exoleta*, swarming; *Xylina rhizolitha*; *Anarta myrtillii*; *Miselia oxyacanthæ*; *Aprilina*; *P. meticulosa*, very common; while *Brephos parthenias* and *notha* are of frequent occurrence in the early spring, flying over the birch trees in Altyre Woods; *Plusia festuæ*, occasionally; *Plusia gamma*, and *pulchrina*, abundant; *Stilbia anomala*, frequent.

In addition to the Noctuæ, *Sphinx convolvuli*, *Acherontia atropos*, and *Mac stellatarum*, are common in some seasons. *Cossus ligniperda* very abundant in the larvæ state, doing great injury in the Darnaway and Altyre woods. *E. blandin* very common; *H. semele*, *C. davus*, *V. Cardui*, *V. ata-*

lanta, *A. selene*, *Euphrosyne*, and *T. rubi*, all more or less common. *Endromis versicolora* is very common in spring in the Altyre woods, the males flying like mad, and very difficult to capture.

A gentleman who has collected the Coleoptera about Forres, found many species of very great variety, indeed, some which had never before been found in Scotland. All these facts point, I think, to one conclusion, namely, that the locality is one of the blandest and driest in Britain.

LETTER BY PROFESSOR HUNTER.

(Extracted from the "Christian News" of 12th June, 1869.)

DEAR SIR,—Owing to a strange variety of circumstances, we have always in our midst a numerous class of persons whose ailments elicit from them the frequent cry—Who will show us when and how to recover health? To make light of their distress is possible only to the selfish or the thoughtless; to direct any to the means of recovery is a source of enduring joy. Animated by this desire, Provost Chambers, of Edinburgh, published a letter in the *Scotsman*, strongly recommending Mentone as a proper retreat for the invalid. The well-known zeal for sanitary reform manifested by the writer gave authority to his opinion, and many consultations were held as to the possibility of dear ones being sent to Mentone. Other letters from Mentone, however, tended to check the expectations, by showing that the stay of the worthy Provost had been too short to enable him to form a correct opinion. He had been favoured with "queen's weather" during his short sojourn, and facts were narrated which proved too clearly that sometimes, at least, Mentone is no paradise.

It may be true that a warmer climate would help many to health, but the conviction is growing that the advantages of foreign air too often fail to compensate the invalid for the sacrifice of convenience and friendly sympathy. Year by year brings home to saddened hearts the truth that all their efforts on behalf of their loved ones have been so many la-

borious and costly mistakes, seeking at a distance, and at immense disadvantage, what might have been much better obtained without leaving their native land. One is reminded of the experience of a Peer of these realms, who, to gratify his taste for the beautiful, visited each famed spot on the Continent. At length, reaching a lovely place, of which he had heard much, he was so enamoured of the scenery that he felt impelled to stay day after day to admire, sketch, and expatiate on its rare combination of attractions. His delighted cicerone, amid other information tending to heighten his admiration, told him that various visitors had concurred in saying that there was only one scene known to them which equalled the present. The enthusiastic nobleman eagerly asked where that favoured place was, when, to his utter astonishment, he was informed that it was within easy walk of his own home, and actually on his own estate. Even so would we say to those who complain of weak chests and various maladies that develope themselves largely in our great cities. There is a place in the North of Scotland, in the "Laigh of Moray," whose climate will probably suit you better than would the climate of Mentone; that place is Forres. After a residence of more than seven years in the dear old town, during which time we had only one thunder storm, I may be permitted to say that I know the climate sufficiently to warrant my urgent entreaty that some of our invalids would make trial of its extraordinary atmosphere. Believing that many are deceived by its northern situation into thinking of it as a Highland district, I may mention that in the month of December the thermometer has been known by me to stand at seventy degrees in Forres, while a furious thunder storm raged in the Highlands. It is no Eden, but its climate is milder, drier, and more equable than any that I know in Scotland; and the surrounding district was called, in the days of George Buchanan, "the granary and garden of Scotland."

The town of Forres is beautiful for situation, and still bears much of the quaint look that distinguishes old burgh towns. Its appearance by no means corresponds to its position. The houses are, in many instances, straggling, ill-built, and without due regard to exposure. More respect was paid of old to convenience than to appearance, to economy than

to sightliness. Rows of houses, with their gable ends to the street, are viewed with dislike by visitors accustomed to a more seemly fashion. But this antiquated state of things is fast passing away, and numerous villas, hotels, and public buildings are rising with a gratifying rapidity, begetting the hope that the town will yet be equal to its site. About half-a-mile from the town stands the Cluny Hill Hydropathic Establishment. Built about five years ago, for the express purpose of the treatment and cure of diseases by water and heat, and capable of accommodating eighty patients, this institution lacks nothing that science can suggest for the accomplishment of its beneficent aim. Here the patients are under the care of a fully qualified and duly registered physician, accustomed from his early youth to hydropathic processes, and having under him a staff of active and competent attendants, both male and female. For situation and exposure the house is all that can be desired. It is in the vicinity of wooded hills, which are traversed by well-kept walks, several miles in extent, where the patient can always find shade from the rays of the sun or shelter from the force of the wind ; from parts of these hills, too, there are views of mountains and valleys, sea and shore, embracing portions of eight or nine counties. For those who relish amusement, the croquet and bowling greens, the billiard-room and gymnasium, will provide ample scope. The house is abundantly furnished with the usual baths fitted for such an institution. The bed-rooms airy, clean, and tidy ; the public-rooms large, well-proportioned, and cheerful, and kept always gay with flowers from the conservatory.

If constant medical superintendence, pure, light, and bracing airs, pleasant sights, wholesome food, and regular hours tend to health, then have we here met all these. But some may ask, What are the resources for cure of the Esculapius who reigns there ? Well, there is neither pill, powder, nor potion ; no poisonous drugs, intoxicating or otherwise, are here used. Hydropathists believe that the patient and the disease are so closely united that there is danger of poisoning the person while you seek to poison the disease. You will neither be tortured by blisters nor weakened by bleeding. Here the dictum of old Hippocrates is believed and acted on, "Nature is the physician of diseases." The skin, with

its twenty-eight miles of drainage, receives due attention. Its drains are opened, that the poisonous matter intended to be removed from the blood thus may have freedom to depart. By means of its millions of nerves the brain and other vital organs are reached, soothed, or strengthened. The digestive powers are strengthened, and in a variety of ways, by changes of treatment adapted to the changes in the body. The hydropathist gives vigour to the nervous system, power to the heart, energy to the circulation, and force to the brain. He cannot always cure, but he can almost always afford relief, and very often sends home cured those over whose system drugs had utterly failed to exert a beneficial influence. Altogether it is a pleasant way of recovering health ; and the writer, having lately returned home in health and vigour after a few weeks' treatment, takes this opportunity of urging upon invalids a trial, not of Mentone, but of Moray, not of poisonous drugs, but of honest water, pure air, wholesome food, and suitable exercise. Hoping that many of your readers will enjoy the treatment as heartily, and profit by it as largely as did the writer of this short paper, I subscribe myself, with all respect, yours,

R. HUNTER.



10